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Ingfried Hobert



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The Complementary and Alternative Medicine Information Source Book Alan Rees, 2001-03-30 From acupuncture to yoga the increasing popularity of unconventional medical therapies has risen sharply during the past decade Consumers are turning to complementary and alternative medicine CAM for a variety of reasons and are spending billions annually for treatments Recognizing the growing need to locate authoritative CAM information award winning author Alan M Rees has compiled a first stop resource for those seeking information to guide their decisions Noted health information expert Alan Rees organizes the best of complementary and alternative medicine CAM information resources in this new guide for librarians and patients The book is divided into twelve sections beginning with an overview of CAM terminology safety concerns ongoing research and education and the movement towards integrative medicine Best of lists of books magazines newsletters CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups an extensive section on the Internet as a source of CAM related information and reviews of 355 popular books on CAM Librarians will use the Source Book as a collection development tool Consumers and students will find it an easy to use guide for locating hard to find resources about the latest in alternative medical therapies and treatments This unique volume brings together in one volume print and electronic resources pertaining to an in demand topic provides recommendations of authoritative sources of current information on a wide variety of unconventional medical therapies will fill the information gap in the rapidly growing field of CAM

Sports Medicine, 2000 *Books in Print*, 1991 LC Science Tracer Bullet, 1972 **History of Household Technology**, 1998 **The Library Journal**, 1999 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *Forthcoming Books* Rose Arny, 1999 **American Book Publishing Record**, 2001 **Library Journal**, 1999 **The British National Bibliography** Arthur James Wells, 2002 *Books in Print Supplement*, 2002 Nature's Sports Pharmacy Frederick Hatfield, 1999-08-01 Dr Hatfield has taken his many years of experience in the field to produce a complete encyclopedia of information that every sports enthusiast should know This is the first book I have ever seen that combines the knowledge of herbalism with performance training and a nutritional focus It teaches readers how foods are digested and assimilated by the body and how athletes can adapt their bodies to the stress of competitive training while enhancing their cardiac output and mental concentration Nature's Sports Pharmacy is a must for everyone who is athletically inclined including athletes and personal trainers interested in keeping their competitive abilities in this growing and competitive field Dr Earl L Mindell RPh PhD author of Herb Bible Vitamin Bible and Prescription Alternatives Athletes of all sports will benefit from this comprehensive and integrated health and fitness program based on the power of herbs and herb based phytochemicals Written by two nutrition and fitness authorities this valuable resource explains how herbs cleanse the body of impurities sharpen mental focus have a

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